

Steak Grilling Techniques



Thaw frozen steaks while in their plastic (cryovac) packaging. Thaw them in the refrigerator over night, or in large containers of cold water for 20 to 25 min.

About 20 minutes before being ready to cook, cut the steaks from their packaging and season them with a modest amount of salt and pepper, or your favorite steak seasoning.

Allow the steaks to come to room temperature. This promotes even cooking, and reduces cooking times.

Pre heat the grill using high heat. Use a long handled brush to oil your hot cooking grid a minute or two before placing the steaks on the grill. Use a neutral flavored oil for this purpose. A brand name soy based vegetable oil works well.

Place the steaks on the grill on a 45 degree angle to the bars of your grill grate. Cook the steaks for 2 or 3 minutes. Turn the steaks, without flipping them to the other side, to a 45 degree angle to the right or left of their original position. Cook for 2 or 3 minutes longer. This marks the steaks with an attractive diamond pattern on one side of the meat.

Turn the steaks to the other side. Repeat the 45 degree positioning if desired.

Test the steaks for doneness by pressing on them with a finger:

Rare meat is soft and offers almost no resistance to the pressure of your finger.

Medium rare meat offers a modest resistance and the meat raises back where you pressed it slowly.

Medium meat is beginning to become firm and springs back more quickly.

Medium well steaks are firm to the touch but do indent a little when pressed.

Well done steaks are very firm to the touch and won't indent with modest pressure.

Cooking the same cut of steaks, at the same heat setting, on the same area of the grill surface, for the same length of time will give you consistent results.



from the kitchen of corporate chef,

Roger Tappen



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